

# Metal Toxicity Test

Heavy metal toxicity is an excessive build-up of metals in the body. The most common heavy metals that humans are exposed to are aluminum, arsenic, cadmium, lead, and mercury. Heavy metal toxicity may in fact be the real root cause of most health disorders and diseases today. Heavy metal toxicity can produce vague symptoms that sometimes may be mistaken for other chronic conditions such as Autism, Chronic Fatigue Syndrome, Multiple Sclerosis and a host of other serious disorders. Heavy metal ions produce large quantities of free radical compounds which destroy lipids, proteins, and DNA in the cellular system. Free radicals damage our cells, prevent cell stabilization, and create an overly acidic terrain in the body.

Heavy metals are found in everyday existence and are frequently hard to avoid entirely. Most people can excrete toxic heavy metals from the body successfully. However, some people—especially those who suffer from chronic conditions—cannot excrete them efficiently enough and a build-up occurs.

You may have heavy metal toxicity if you are experiencing any of these symptoms:

- Chronic pain throughout the muscles and tendons or any soft tissues of the body
- Chronic malaise – general feeling of discomfort, fatigue, and illness
- Brain fog – state of forgetfulness and confusion
- Chronic infections such as Candida
- Gastrointestinal disorders, such as gastritis, diarrhea, constipation, bloating, gas, heartburn, and indigestion
- Fibromyalgia
- Chronic fatigue
- Weight gain or loss
- Arteriosclerosis
- Allergies
- Insomnia
- Depression
- Nervous system malfunctions – burning extremities, numbness, tingling, paralysis, and/or an electrifying feeling throughout the body

Heavy metals cause the body to produce cholesterol and prevent the absorption of calcium. And, the more free heavy metal ions in the body, the more build-up of acidic waste and hence the more calcium that gets deposited in the arteries.